

LOVE ME TENDER PAIR UP BEEF LOIN WITH HORSERADISH SAUCE (page 25)

'IT'S ONLY JUST STARTING TO SINK IN' COX FINALLY SPEAKS AFTER SPLIT (page 22)



CONAN **NEW SHOW** LIVES UP TO ITS PROMISES (page 20)



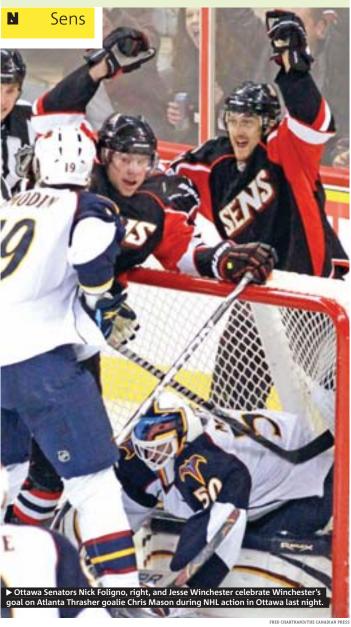


OTTAWA netra

Wednesday, November 10, 2010 www.metronews.ca



News worth sharing.



Senators win fourth straight

The suddenly hot Senators continued their winning ways with a 5-2 victory over the Thrashers at Scotiabank Place. Jason Spezza, Sergei Gonchar and Chris Neil also lit up the scoreboard for Ottawa, with Spezza notching two goals. More coverage, page 29.

Veterans leaving a legacy

The Memory Project 'is about capturing stories before they fade, and sharing them': President • 'Many of them never talked about wartime experience until now'

Steve Chretien never met his great-uncle, Rene Michaud, but when he heard stories from his father about how Michaud served during the Second World War, he was proud.

"He was on a few missions in Europe and at Normandy," said the 23-year-old Gatineau resident, who is studying at the Université du Québec en Outaouais.

"It's very important that young people understand.'

With Second World War veterans dying at the rate of 400 or 500 a week, this may be one of the last opportunities to record their stories before they're lost forever, said Historica-Dominion Institute president Andrew Cohen.

We live in a society where everyone shares - we have ... Facebook, we tweet and we blog," said Cohen.

Metro Travel

"Hearing about the war makes us remember the hard work and sacrifices that the people of our nation made during the war. It makes me very proud that he served."

But veterans were from a generation that didn't share.

When they returned to Canada in 1945 and 1946 ... they didn't talk about the war

With the average age of veterans being 87 or 88 years old, many feel this is their last chance to tell their stories, he said.

Hear veterans' stories in their own words at thememoryproject.com

TRACEY TONG

Pack your bags and hit the road

• Roam the land of prehistoric giants in Canada's dinosaur capital • Accommodations are never far from NHL action {pages 23-24}

Canadian strikes it rich

Montreal poker pro wins almost \$9M in tourney {page 8}

Sharing the holiday spirit

NAC brings magic of performing arts to kids (page 3)

3 brunched









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Remembrance Day in the capital region

Tens of thousands of people are expected to gather at the National War Memorial at Confederation Square for Ottawa's biggest Remembrance Day cere-mony tomorrow morning.

But the ceremony, which includes wreath-layings at the foot of the cenotaph by dignitaries and veterans, isn't the only one in Ottawa.

There will also be a ceremony at the National Military Cemetery on the grounds of Beechwood Cemetery at 10:30 a.m.

The ceremony will honour all Canadian Forces members interred at the cemetery and all of those who have fallen in the service of Canada.

Carleton University is also holding a Remembrance Day service at the flagpoles on Library Road outside the Azrieli Pavilion. Those interested are asked to gather by 10:45 a.m.

Parades and ceremonies will be held at Royal Canadian Legion

across the city, including Kanata, Orleans, Strathcona and Manotick/South Carleton at 10:30 a.m.; Metcalfe, Osgoode, Richmond, Bells Corners and Navan at 10:45 a.m.; Vars/Russell at 11:45 a.m.; Westboro and West Carleton at 1:30 p.m.; and Stittsville and Eastview/Vanier at 1:45 p.m.

Those on public transit can observe Remembrance Day with a playing of The Last Post and Reveille on OC Transpo buses.







On the web at

Canadian WWII veterans share their stories with the Dominion Institute's Memory Project. Video at metronews.ca



NAC gets in spirit of sharing culture

This is Share the Spirit's 2nd year Orchestra to perform at CHEO too



The National Arts Centre's Share the Spirit program, which provides medically or economically challenged children with free tickets to NAC performances, launched its 2010 season yesterday at the Ottawa Food Bank.

"Not everyone shares in the great blessings of our city, and that's where we come in," said Max Keeping, honorary chair of Share the Spirit.

This year, selected children will see performances of Christmas favourites like The Nutcracker, Handel's Messiah, A Canadian Tenors Christmas with the NAC Orchestra, Pops: Motown, the Mariinsky Ballet and more

Sponsors

The NAC combines efforts with a team of community partners to make Share the Spirit happen. They in-

- **Big Brothers Big Sisters** Ottawa Candlelighters
- Boys and Girls Club Ottawa
- Ottawa Food Bank CHFO Foundation
- **NAC Employee**
- Association **NAC Players Association**
- The Sens Foundation
- The Snowsuit Fund

800 The target number of free NAC tickets for kids this year. Last year's total was 600.





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JIMMY RANKIN

"MY MOTTO IS TO SING THROUGH IT"

The Rankin Family will bring a taste of Nova Scotia to the Centrepointe Theatre on Nov. 22.

How did the Rankin Family start? We played music throughout our childhood, but it wasn't until 1989 that we made our first recording ... When I was growing up, the band was the older siblings in the group and it became the Rankins.

Is it impossible for a group

to stay together for the entirety of their careers? It's very hard to stay together, especially if you're a family. I think it's important to have independent projects.

What kind of show will you put on on Nov. 22? It's an acoustic and vocal show. It's very refreshing for us. ... We tried to pick the more obscure (songs) ... and also some songs that people expect at a Rankin concert. © JOB LOFARO

'We can do it just like everyone else'

○ Local aims for podium finish in physically challenged division in the half-Ironman **○** Race consists of 1.9-km swim, 90-km bike and 21.1-km run



When Ryan Van Praet competes at the Ironman World Championship 70.3 in Clearwater, Florida this Saturday, he'll be gunning for a world title as a visually impaired triathlete.

Competing as one of a handful of paratriathletes alongside 1,800 able-bodied athletes from around the world might be intimidating for some people, but not for the 30-year-old Ottawa resident, who doesn't want anyone to think of him differently.

of him differently.

"We all have the same physical battle," he said.
"And as far as training, we can do it just like everyone else. And we're out to beat



you, so don't feel sorry for us. And if you don't watch, we'll kick you in the butt."

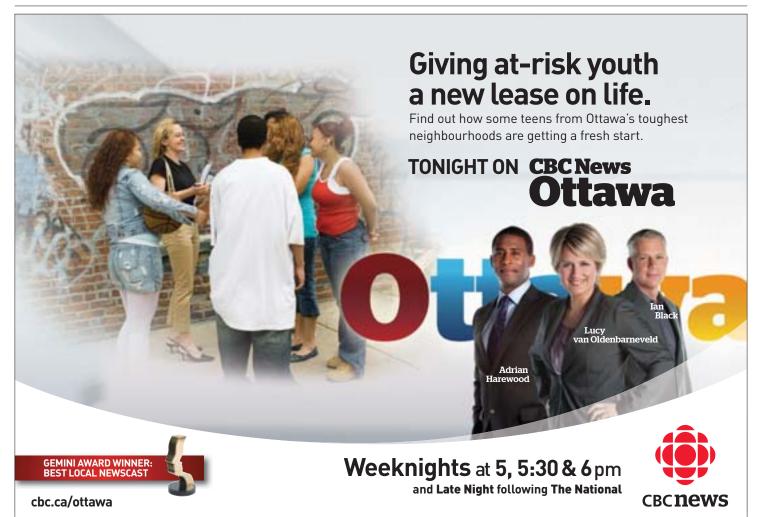
Now a member of the national paratriathlon team, Van Praet didn't always compete as paratriathlete. Born with retinitis pigmentosa, a degenerative disease, Van Praet's eyesight deteriorates as he gets older. He now has eight per cent of normal vision.

He got into triathlon in 2000 and raced six Ironmans as a solo athlete be"We're there to compete, just like everybody else."

fore making the switch to paratriathlon last year. He now tandem bikes and swims and runs tethered to a guide. Last summer, the two competed in the Ironman at Lake Placid, where they finished second.

"For us, it's about competing on the same stage as all the able-bodied athletes and putting up a respectable performance," he said. "We're competitors.

"I'm very goal-oriented and triathlon was great for me ... You're doing the same challenge that others are doing, and it gives you that extra sense of pride."





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PUBLIC HEALTH

Free flu vaccines offered

Ottawa Public Health's free flu vaccine clinics continue this week. Clinics are held at Ottawa City Hall at 110 Laurier Ave. West from 8:30 a.m. to 6 p.m. today and at All Saints High School in Kanata from 8:30 a.m. to 3:30 p.m. Saturday.

OPH recommends that all Ontario residents over six months of age get the vaccine to protect themselves and others this

The flu vaccine is also available at doctors' offices, community health centres and walk-in clinics. For a list of health-care providers and community clinics that are administering the flu vaccine, visit ottawa.ca/flu or call Ottawa Public Health at 613-580-6744.

TRACEY TONG

Renos for sexual health clinic

The city's sexual health clinic at 179 Clarence St. will close for renovations from Nov. 19 until Jan. 17 to improve service. Ottawa Public Health estimates that this will increase the capacity of the clinic to accommodate 20 per cent more clients each year.

• TRACEY TONG

Volunteers needed for various city boards

The City of Ottawa is seeking volunteers to sit on its police, library, and health boards as well as the committee of adjustment for the term ending Nov. 30, 2014

Interested residents can apply at the city's website by Nov. 26.

TRACEY TONG

Canada's naval history on display



Navy: A Century in Art shows the human element of naval history

During the First and Second World Wars, artists were selected by the Canadian government to record experiences of our armed forces, often sketching and drawing right on the front line

To mark the 100th anniversary of Canada's Navy, hundreds of those drawings and early 20th century items have been digitized and uploaded to the Internet by the Canada War Museum for the public to browse through and learn about their country's history at sea.

The \$500,000 project took about two years to complete.

"The navy has been a principal, national instrument in the life of the country, (so) give a thought for what it has done through 100 years," said

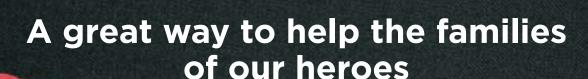
"As we speak ...
naval vessels are at
sea on our behalf
doing everything
from search and
rescue, right
through to drug
interdiction, or
piracy control.
Sometimes we
forget about this."

DR. DEAN OLIVER, MUSEUM DIRECTOR, RESEARCH AND EXHIBITIONS

Oliver.

Visitors can also see dozens of the paintings in person at the museum Thursday through March 20, or peruse the complete interactive exhibition online at warmuseum.ca/navalhistory.

O JOE LOFARO





Visit a participating **Canada Post** location and do your part for Remembrance Day by purchasing this inspiring collector card from the Royal Canadian Mint for just \$9.95.

\$5 will be donated to the Military Families Fund for every card sold.

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'The beginning of your Canadian story'

New Canadians become citizens during special Veterans' Week ceremony at war museum



Fifty new Canadians from 23 countries became citizens yesterday in a special Veterans' Week ceremony at the Canadian War Museum.

"This is one of the most important days of your life," Citizenship and Immigration Minister Jason Kenney told them.

"This is the beginning of your Canadian story. This is a day we hope you'll re"By the end of today's ceremony, you, too, will be Canadian citizens ... And as we mark Remembrance Week, it's important to note that you will also inherit the legacy of the men and women this country honours on Nov. 11."

member with fondness for the rest of your lives."

The ceremony, taking place just before Remembrance Day and attended by several veterans, put many of the new citizens in mind of the day's significance.

"It's good to remember the people who gave their life," said Sandra Spatola, originally from Arrentina

originally from Argentina.
Shaikh Naseruddin,
who came to Canada from
Bangladesh, believes that
Remembrance Day should
be a holiday in Ontario.



"Those fallen soldiers, those who sacrificed their lives for Canada we should feel that we are paying some respect to them, he said.

"But if I continue my daily job that means I am doing nothing for them."



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Quebec poker champ eyeing more 'big scores'

○ 23-year-old becomes first Canadian to win no-limit Texas Hold 'em event

Quebec poker professional Jonathan Duhamel might never have to work again.

Duhamel, 23, who won the World Series of Poker title and \$8.94 million on Monday, becoming the first Canadian to take down the no-limit Texas Hold 'em main event in Las Vegas, called the win "surreal."

"I could never dream of that — It's so huge," Duhamel said after the win. Recounting the game, he

Recounting the game, he said, "I was aggressive on the final table, so I wanted to mix it up a little bit ... I limped a little bit just to try to confuse him and have a good balance in my game."

Now, Duhamel can think about a bigger future in poker. He hopes that mon-

\$8.94 million

Duhamel, who left university during his second year studying finance, pledged \$100,000 to a foundation for kids in Montreal.

ey and prestige of being a champion will help take his young career even further.

"I'm going to be playing all those big tournaments and try to make other big scores," he said. "I'll be there next year in the World Series and try to do my best again."

my best again."

He added he'd like to buy
Canadiens season tickets —
or perhaps drop a ceremonial first puck before a
game.THE ASSOCIATED PRESS





lews in brief



Miners accept Israeli invite

CHRISTMAS TRIP. Israel says the 33 Chilean miners who captured the world's attention surviving 69 days in a collapsed mine have accepted an invitation to visit the Holy Land for Christmas.

Foreign Ministry spokesman Yigal Palmor said the Chilean ambassador has confirmed the miners will come. THE ASSOCIATED PRESS

Nobel winner's lawyer held

AIRPORT STOP, A Chinese

human rights lawyer whose firm is representing imprisoned Nobel Peace Prize winner Liu Xiaobo said he was blocked from leaving yesterday to attend a conference in London.

Mo Shaoping said offi-cers who stopped him at the Beijing airport gave only vague reasons for their actions, although it comes amid repression against activists in the wake of the peace prize. THE ASSOCIATED PRESS

Bush promotes book on Oprah

AUTHOR GEORGE. George W. Bush recounted the mistakes of his presidency on Oprah Winfrey's talk show as he launched a book tour to promote



oir Decision Points. The former president said he

feels "sick about" the fact that no weapons of mass destruction were found in Iraq. THE ASSOCIATED PRESS

4,500 stranded as cruise loses power

♠ Engine room fire stalls ship off coast of Mexico ♠ Carnival Splendor expected back at port tonight, but massive vessel must be tugged slowly

Navy helicopters shuttled in supplies yesterday to 4,500 passengers and crew members expected to remain stranded on a disabled cruise ship off the coast of Mexico at least until tonight.

Mexican seagoing tugboats were expected to reach the Carnival Splendor vesterday afternoon to begin the slow process of towing it to the Mexican port of Ensanada.

Passengers will be bused back to California from there.

The ship, which left from Long Beach on Sun-day, was 320 kilometres south of San Diego when an engine room fire cut its power early Monday, according to a statement from Miami-based Carni-



val Cruise Lines. It began drifting off the coast of northern Baja Califor-

3,299 passengers and 1.167 crew members were not hurt but the 290metre ship had no air conditioning, hot water or telephone service.

It was also out of mobile phone range, preventing families from communicating with their loved

Bottled water and cold food were provided, and the ship's auxiliary power allowed for toilets and cold running water.

THE ASSOCIATED PRESS



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Clashes in Myanmar enter third day

Is Arctic a way in for terrorists?

CSIS, RCMP wary of terrorist threats from both inside and outside Canada operating via North: ITAC report

The chilling prospect of terrorists or other extremists exploiting the Canadian Arctic has attracted the watchful eye of federal security agencies.

A newly declassified intelligence report, prepared by the Integrated Threat Assessment Centre, raises the spectre of the North as a 16% The populadtion of the Canadian Arctic has climbed 16 per cent over the last decade.

conduit for radicals.

"In recent years, vessels with links to human smuggling, drug trafficking, and organized crime have attempted to access the Canadian Arctic," says the report.

The assessment also mentions that al-Qaida has identified Canada as a target, though any analysis of those threats in the northern context have been struck from the report.

THE CANADIAN PRESS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total, included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
am having difficulty sleeping		
I am feeling low in energy and slowed down	0	
My appetite has changed		
I am experiencing feelings of guilt	0	0
I have lost interest in work and pleasurable activities	0	
I feel hopeless about the future		
I feel tense and arxious		
I am having difficulty making decisions		
I am having trouble concentrating		



Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential states seek.

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All information is kept in strictest confidence. Research programs are reviewed by an ethics review board. HOME HEIST

Renters duped by ad scam

Bargain-hungry renters salivating over a once-in-a-lifetime opportunity in Calgary have fallen prey to a phoney online advertisement, with at least one person shipping off cash to New York to seal a fake deal.

Calgary police said they received calls last week about an advertisement on the website Kijiji, which seemed to copy another ad, but with different contact details and a significantly lower rental price.

The owner of the real property, Robin Furlong, said the fake ad cut the rent by \$600 per month, dropped the damage deposit by \$1,000, included utilities and added an extra bedroom.

He said he received 72 hits on his ad in two weeks while the phoney ad had 800 in just two days. THE CANADIAN PRESS

Snake-porn Life case sees pris plea switch teen

A man who pleaded guilty to coercing an underage girl to pose for child pornography with poisonous snakes wants to withdraw his guilty plea.

In motions filed Monday, John Joseph Maillet, 48, of Mississippi said his public defender was not effective and asked to withdraw the plea. THE ASSOCIATED PRESS

Life in prison for teenager

A New Hampshire teenager accused of killing a mother and injuring her daughter with a machete during a home invasion was convicted yesterday of murder and other charges.

Jurors deliberated for about 90 minutes before returning their verdict against 19-year-old Steven Spader. THE ASSOCIATED PRESS

One dead following Markham invasion



Neighbour Mamh Lang on incident:

- "I feel nervous now. I can't sleep," Lang said. "This happened to a good family, you know."
- Lang said the victims also have a son who goes to school in Hamilton and described them as a quiet family that kept to themselves
- A large police forensic investigation truck remained in front of the home yesterday morning as police blocked off a large portion of the neighbourhood for their investigation.

Police now searching for three suspects after gruesome incident

Fear has gripped a quiet neighbourhood following a deadly home invasion in Markham, Ont., late Monday.

A 53-year-old woman is dead and her 57-year-old husband is in serious condition in hospital after three men stormed their suburban home and tied up their 24-year-old daughter.

York Regional Police said they received a call about a break-in on Helen Avenue, near Kennedy Road and Highway 407, around 10:30 p.m.

Police said the caller was the couple's daughter, who was tied up but managed to free herself and call police after the suspects left the house.

When officers arrived, they found a woman suffering from a gunshot wound and a man, confirmed to be her husband, with minor neck wounds. Their daughter was uninjured.

The older woman died on the scene, police said. No weapon has been recovered

Police did not immediately identify the victims of the incident.

The home is registered to Huei Hann Pan and Bich-Ha Pan, who bought the house in 2004.

"It is not known at this time how entry was made into the residence, nor the motive for this violent crime," Det. Const. Kevin McCloskey told reporters at the scene, reading from a prepared statement.

McCloskey said he didn't know if anything was taken from the home or if the house was targeted.

TORSTAR NEWS SERVICE



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Holiday Magic contest

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The Dutch nose best

• Additional to the bloom of th

in effort to get civilians to identify and turn in illegal grow-ops

Here's a crime fighting idea not to be sniffed at: Dutch police have asked citizens to use their noses to help track down illicit cannabis plantations

Police and municipalities

in Rotterdam and The Hague this week mailed 30,000 scratch and sniff cards that give off the pungent odour of cannabis plants to help people identify the smell of a plantation.

"From now on, you'll be able to smell the possible danger of an illegal cannabis crop in your neighbourhood," the card says, advising citizens to call police if they think they

have sniffed out a plantation. Possessing and using small amounts of cannabis is tolerated in the Netherlands, as is growing up to five plants for personal use. THE ASSOCIATED PRESS

An Open Letter Regarding Carleton University

The Honourable John Milloy Minister of Training, Colleges and Universities

Dear Minister Milloy:

Leadership in research can only come about when a university administration works well with campus stakeholders. Carleton University is vying for the prestigious designation as a "research intense" university that would bring both academic clout and funding resources to the university.

As students, staff, teaching assistants and contract instructors, we heartily support making Carleton an institution of academic excellence.

However we are writing you because we are very concerned that Carleton's dismal relations with its employee and student groups are jeopardizing this goal.

Carleton Administration has been pursuing a "scorched earth" policy in dealing with its campus stakeholders. They have alienated **every** major campus group. Negotiations with the four largest labour groups have been acrimonious. All four groups were forced into setting mid-month strike deadlines. Three of these groups are still in this position. Faculty, staff, instructors, teaching assistants and student groups have denounced the university's refusal to grant academic amnesty to students in the event of a labour disruption. Separate from labour matters but equally important and worrisome is that the University is withholding student associations' fees in an attempt to control those associations activities.

As representatives of the community that is Carleton University we are requesting a meeting with you, Minister Milloy, to have further discussions about how to create a stable labour and student relations environment that nurtures our aspirations for Carleton University.

We are sure you will agree that the intransigence of the Carleton administration and its fomenting of labour instability are contrary to your policy goals. We would look forward to working with your ministry to enhance post secondary education at Carleton University.

Yours truly,

Wiz Long President CUPF 2424

James Meades Matt Nelson Co-Presidents CUPE 4600 Alex Sirois President Carleton University Student's Association Kimalee Phillip President Carleton University Graduate Students Association









Computer repair bill comes to ... \$20M?

All Roger Davidson — a Grammy-winning composer and heir to a massive oil fortune — wanted was to get his computer fixed.

According to authorities in New York State, he ended up being scammed out of as much as \$20 million US by the computer store's owner, Vickram Bedi.

Bedi, 36, spun a bizarre story for Davidson, 58, about a multinational plot to take over the U.S. government. Bedi and his Icelandic girlfriend, Helga Invarsdottir, now face charges in what police say was an elaborate scam, The Wall Street Journal reported

The story begins in August 2004, when Davidson

\$7.6M

When the suspects were arrested, they were sitting on bank accounts holding \$7.6 million US.

brought his malfunctioning computer into Bedi's Mount Kisco, N.Y., store.

Bedi told Davidson that the computer was infected by a suspiciously malevolent virus.

He said he had traced the virus to a hard-drive hidden in Honduras and that his uncle, an Indian army officer, had flown there to retrieve it.

However outlandish, the story appears to have convinced Davidson. He began paying Bedi and Invarsdottir for around-the-clock protection, most of it virtual. The reported price tag for these services was \$160,000 US per month.

THE ASSOCIATED PRESS

Another cancer faker pleads guilty

Another Ontario community is asking how someone could fake cancer for personal gain after a young woman pleaded guilty yesterday to defrauding her workplace of thousands of dollars with fictitious tales of terminal illness.

Jessica Ann Leeder pleaded guilty to fraud over \$5,000 at a court appearance in Timmins that was intended to be a bail hearing, making her the second young Ontario woman within a week to admit to faking cancer and collecting donations.

The case has made waves in this northern Ontario city. Some people said they couldn't believe a local woman was charged in a cancer scam so soon after Ashley Kirilow of Burlington, Ont., pleaded guilty to a similar, but unrelated, ruse.

THE CANADIAN PRESS



Arafat's effects on display

Arafat's foundation is still gathering and sifting through his belongings six years after his death, including pistols and sunglasses from his guerrilla years and the military-style suits he favoured.

Tech means more 'she' in politics?

• 'New communication tools could solve old problem,' says Stronach

Modern communications technology — such as video-conferencing — may be a tool for getting more women involved in federal politics, says former cabinet minister Belinda Stronach.

Women are plunging into municipal politics at record levels in Canada, especially in recent civic elections in Toronto, Stronach notes.

But one reason women

But one reason women are reluctant to enter federal politics is the sheer "Women with children or even those that are looking after aging parents can ... be prevented from participating fully in the political process at the federal level by the weight of geography and distance."

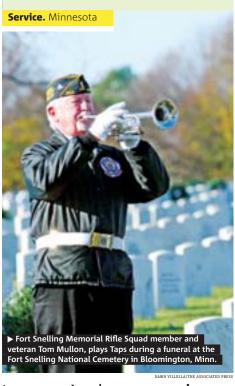
BELINDA STRONACH

amount of time it requires people to be in Ottawa, away from home and family, says Stronach, who wound down her political career years ago, citing the time it was taking away from her children.

Stronach was honoured

in Ottawa yesterday for her contribution to the cause of putting more women in Parliament. The sold-out crowd at the Chateau Laurier applauded her for stating that politics isn't just a job, but a public service. THE CANADIAN PRESS





In musical memorium

Each weekday year-round the men of the Fort Snelling Memorial Rifle Squad are out in force and in formation, paying tribute to veterans being laid to rest.

Clear failure by police, judge tells inquiry

There was a clear failure in the way Vancouver police dealt with a homeless aboriginal man who froze to death in an alley where an officer left him, a former Crown lawyer turned B.C. Supreme Court judge told a public inquiry into the death.

Justice Austin Cullen was the regional Crown lawyer when Frank Paul died of hypothermia in an alley on Dec. 6, 1998, and he was the first of at least four prosecutors to review the case between 1999 and 2004.

In a rare glimpse be-

Freezing death

- The officer dragged Frank Paul out of the lockup and left him in an alley, where he died.
- A video played earlier at the inquiry showed Paul being dragged, soaking wet and apparently unconscious, before he died.

hind the Crown curtain, Cullen and the others have had to testify at the inquiry into Paul's death about their decision not to charge the officers involved in Paul's death.

"Clearly there was a failure here, there's no doubt about it," the judge told the inquiry yesterday.

Cullen told the inquiry manslaughter charges may have been warranted in this case. THE CANADIAN PRESS

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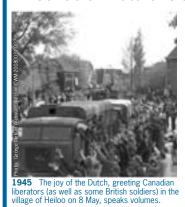
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THE DUTCH WILL NEVER FORGET

Canadian veterans are our true heroes



65 years ago, Canadian men and women in uniform played a pivotal role in the liberation of the Netherlands. "The Dutch will never forget the bravery and sacrifice of their Canadian liberators. They are our heroes", emphasizes Wim Geerts, ambassador of the Netherlands to Canada.

Kingdom of the Netherlands

Canadian veterans risked their lives for the freedom of others, far away from home, often under extremely difficult circumstances. More than 7,600 Canadians died in the nine dreadful months it took to liberate the

Netherlands. Many others returned home injured, physically and/or psychologically.

"In 1944-45", the Dutch ambassador says, "Canadian veterans, entering Dutch cities and villages in their army trucks, were cheered on by our people. Imagine how emotional that was: these Canadian Forces gave us back our freedom, our democracy, and our human dignity.

Over the years, many Canadian veterans have gone back to the Netherlands to commemorate and to celebrate with the Dutch. Even as recently as last

May, during the 65th anniversary of the liberation, Canadian veterans participated in commemoration parades in Dutch cities and, again, received a heroes' welcome. These three pictures show our everlasting gratitude: in 1945, in 1980 and in 2010.

Our shared history has laid a solid foundation for our friendship, which has evolved and grown stronger over the years. Canada and the Netherlands are like-minded nations, sharing the same values and a vision for a common future.

Remembrance is an important topic that binds our two countries. In the Netherlands, those who survived the



1980 The Dutch people treat Canadian veterans who liberated Amsterdam as true heroes during a parade on May 5 in Amsterdam

dark years of Nazi occupation instilled in their children, and in their children's children, a strong determination to remember. Stories have been handed down from generation to generation. About the brutality and cruelty of the occupation. But also about the heroism of our Canadian liberators.



2010 Many Dutch people shake hands with Canadian liberators during a parade in

Last week, the Netherlands Embassy organized a conference on 'The Future of Remembrance', together with the Canadian War Museum in Ottawa. Some 300 people participated in a discussion about what we can do to foster and strengthen the meaning of Remembrance Day in today's society. The conference produced new ideas about passing the torch of remembrance to younger generations.

We, the Dutch, will continue to remember our liberators. Thank you, Canada!

years of friendship









Italy's ancient ruins crumble

President decried what he called 'terrible negligence' as a chief reason for national embarrassments

Italy is rich in ancient wonders, but the real wonder may be that so many are still standing given the poor care they get.

The collapse in Pompeii last week of a frescoed house where gladiators prepared for combat was the latest archaeological accident waiting to happen. Last spring, a huge segment of the now underground

Great Greece

Greece, with its legacy of ancient marvels, seems to do a better job at keeping its treasures intact, benefitting from a generously funded restoration program.

complex of Nero's fabled Golden Palace in Rome gave way and a couple of months ago, three chunks of mortar broke off the Colosseum.

But topping experts' list of potential perils is the Palatine Hill. For years, archaeologists and structural engineers have been issuing alarms that the structure is at risk of collapse because of poor upkeep. THE ASSOCIATED PRESS



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Movies could soon watch you

New technology would measure moviegoers' emotions, movements and groupings for market research

A Canadian security surveillance company is part of a project to develop technology to watch moviegoers as they watch a movie.

Using a combination of 2-D and 3-D imaging, the technology would be able to measure emotions, groupings and movement to "revolutionize market research" at movie the-

"This tool will feed powerful marketing data (to) film directors, cinema advertisers and cinemas about what audiences enjoy and what adverts cap-ture the most attention," Dr. Abdul Farooq, of the

(12.916.63)

The idea

The new technology would use 2-D cameras to detect emotion and 3-D cameras to measure mov-

- The three-year project is part of Aralia's strategy to "create new markets in the entertainment and advertising industries," said CEO Glynn Wriaht.
- Aralia previously focused on intelligence surveillance and video an-

Machine Vision Laboratory at the University of the West of England in Bristol, said in a release from UWE.

"This will do what has been done manually for years in cinemas," Jessica Engler, marketing manager of Aralia, told the Toronto Star. "It's the technology aspect that scares" people.

The lab has partnered with Aralia Systems of West Sussex, England, to build the new software. Aralia in turn is in partnership with Pikaia Systems of Ottawa, which holds several pending infrared illumination patents.

TORSTAR NEWS SERVICE



Harper talks business out West

Prime Minister Stephen Harper made a brief stop in Winnipeg yesterday, where he met with the small business owners. "We want to listen to the wisdom, guidance and common sense of the Canadian people as we move forward," Harper said in a statement. Harper also briefly reiterated some government priorities.

Market moment TSX Dollar contracts (99.27¢ US)

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Home prices still climbing

Nationally, new housing prices in Canada continue to increase, even as the economy shows signs of slowing.

Prices were up 0.2 per cent in September, following a 0.1 per cent increase in August according to figures released by Statistics Canada yesterday.

While prices were up 2.7 per cent year over year in September, they were down from the 3.3 per cent year over year figure seen in June, as the trendline moves downward.

that prices could end up in the negative figures by next year.

"Prices are divorced from sales, because it takes time for the market to settle. It takes a while before people are forced to reconsider their asking prices," said Garth Turner, a former revenue minister who held a real estate forum dubbed "HouseAggedon" in Toronto yesterday.

Turner says he is convinced that the market remains in a bubble.

flated market where even with some of the best mortgage rates in history you are still seeing a persistent sales decline. People just don't have the money to spend," said Turner.

While prices seem to be holding the line in Ontario, builders blamed the newly implemented HST for slowing sales. Some urban areas did see

month over month price declines, which Turner says is a sign of things to come. TORSTAR NEWS SERVICE

Real estate

Toronto new housing prices remained flat in . September over August, the first time that prices have not increased this

- The largest increase year over year is in Regina at 6.7 per cent and St. John's at 4.9 per cent.
- The biggest loser year over vear was Charlottetown at minus 2.2 per cent.

EU fines airlines for price fixing

The European Union has fined 11 airlines, Air Canada among them, a total of almost \$1.1 billion for fixing prices on international cargo shipments, leading to

higher prices for businesses to move their goods. The EU's competition watchdog, said yesterday that the carriers "co-ordinated their action on surcharges for fuel and security without discounts" between December 1999 and February 2006. when the EU's investigation stopped the cartel.

THE ASSOCIATED PRESS

The commission 11dropped charges against 11 other carriers and one consultancv because it couldn't prove they participated in the cartel.



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A LESSON IN TRANSCENDING THE PAIN



Let's see. You just spent 69 days buried under a collapsed mine, so, to unwind, what do you do?

ell, if you're Edison Pena, you run the 42-kilometre New York City Marathon. Or in Edison's case, you hobble along on knees swollen with tendinitis, crossing the finish line in five hours 40 minutes, waving the Chilean flag and limping to one of your favourite Elvis tunes, Wonder Of

But I guess if you've spent 69 days buried alive, five hours 40 minutes in hell doesn't seem so bad. At least they have snacks along the way.
You would think Edison

would have had enough of running — during the Chilean mining ordeal, he ran approximately 10 kilometres per day, dragging a wooden sled behind him.

But no. Edison was invited to join the VIPs for Sunday's race, the biggest in the U.S., and like any runner, he couldn't resist the urge to go the distance.

But why, Edison, why? Why not just drink in the cheers from the 40,000 plus at the start

line, watch the race, then retire

to your VIP suite with a brew?
"I wanted to motivate other people to transcend their own pain," he said after the race.

There you go. Whenever you feel al-Qaida has just shot off

your kneecaps and left you to wander in the desert, what do you do? You transcend the pain, sport. Doesn't everyone?

In fact, this manic endurance,

this indomitable will, could be what separates us from the other animals in the zoo. We think it's our brain or our capac-ity for language, yet dolphins, chimpanzees and pigs all seem to share our most hu-

man traits.

"We're inspired

to overcome

our own pain

wherever it

resides ... and

live another day."

Except I can't think of a chimanzee who would run 42 kilometres because he feels like it. Or even if he doesn't, because he wants to "transcend his own pain." Screw the pain, says Bonzo, and pass me a banana.

Fresh out of bananas, Edison Pena refuses to give in. As he wobbles across the finish line, we can't help it: We're inspired to overcome our own pain wherever it resides — in our knees or in our hearts — and live another

day.
This makes us better than human. It gives us the strength to be good people: To understand, to forgive, to care about others. It's worth a couple of sore knees.

As for Edison, he's not satisfied running 42 kilometres on swollen knees. Next up, Graceland, and then Viva Elvis, the Cirque du soleil show in Ve-

Talk about pain.



Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

Murky problem: Report



Worth

mentioning

Canada's lakes and rivers are awash in harmful contaminants, but new documents warn the federal government's murky understanding of the problem is putting the country at risk.

Senior bureaucrats reached that conclusion in a pair of internal reports on contaminants and excess nutrients in freshwater. The officials warned Ottawa needs to know much more about the contaminants before it can tell how dangerous they are, what happens when they mix together, or where to focus cleanup

There are significant



gaps in the understanding of contaminants in groundwater in several areas, which hinder the advancement of effective risk assessment and management activities," says one of the reports.

One report looked at contaminants in freshwater. The other was on excess nutrients, such as phosphorus and nitrogen. that cause toxic algae blooms. Giant floating fields of algae have taken over swaths of the Great Lakes, Lake Winnipeg and many other lakes across the country in recent years. The algae sucks oxygen from the water and produces toxins that are harmful to fish, humans and other living things. THE CANADIAN PRESS

Are you concerned about pollution in our water? **Email** ottawaletters @metronews.ca **Twitter** @metroottawa

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Metro Minute at Kanata Theatre

Support your local theatre group and local actors. out Kanata Theatre's latest offering, The Taming Of The Shrew, at Ron Maslin Playhouse, located at 1 Ron Maslin Way in Kanata. Directed by Jim Holmes, producers call it a "decidedly modern treat-ment of Shakespeare's play." Some say the play celebrates man's dominion

over women, but this has not kept it from being one of Shakespeare's most popular and frequently per-formed plays more than 400 years after its first production. The show runs through Saturday and picks up again next Tuesday and runs through Nov 20. Showtime is 8 p.m. and tickets are \$15.









Betty White can add forest ranger to her list of honours.

The actress known for her roles on The Golden Girls and The Mary Tyler Moore Show was made an honourary forest ranger yesterday by the U.S. Forest Service.

est Service.
The 88-year-old
White has said that
as a young girl she
wanted to be a forest
ranger, but women
weren't allowed to
have the job.

THE ASSOICATED PRESS





Hollywood's role in the war machine

♠ Expert says images we have of combat and camaraderie come from movies ♠ History shows alliance between film industry and government



When honouring the fallen this Remembrance Day, don't be shocked if gungho images of a Hollywood war movie spring to mind.

"A lot of the images that we have of effective combat or camaraderie established during the war ... come from the cinema," said University of Toronto cinema studies director Charlie Keil. "There was a direct alliance between the film industry and the government."

When the Office of War Information formed in 1942, Hollywood coordinated with the government department in order to keep a struggling film industry afloat by recording and propagating the Second World War. As such, rallying movies like Bataan (1943) or the Howard Hawks-directed hit Air Force (1943) popularized images of heroic GIs fighting the good fight.

"The war wasn't fought on American soil," explained Keil. "So it was necessary to really show the Americans what they were fighting for."

Hollywood's role doesn't end there. History is full of anti-war films like All Quiet on the Western Front and Apocalypse Now. But interestingly, these "message" movies were produced during peacetime.

"When it's clear that it's necessary to support the war, there are supporting-the-forces films," said Keil. "When there's some distance from the war, there tend to be pacifist films."

Which cinematic example best tributes the brave soldier is debatable, but Keil suggests that Jean Renoir's The Grand Illusion (1937) perhaps fittingly captures the complexity of memorializing war.

"It doesn't engage in easy 'us-versus-them' dichotomies," said Keil of Renoir's drama about the commonality between prisoners of war and their captors. "It's more about (our) frailties and, in a way, we decide from our perspective who the enemy is and who the heroes are."



Top war flicks

Imdb.com has compiled a list of the top war-related movies.

- Schindler's List (1993)
- Casablanca (1942)
- Apocalypse Now (1979)
- Paths of Glory (1975)
- Lawrence of Arabia (1962)



Movie review

metr⊕

| Worth watching ** | Yawn * | Don't bother



stands out in bland comedy

Morning Glory Genre: Comedy Director: Roger Michell Stars: Rachel McAdams, Harrison Ford, Patrick Wilson, Diane Keaton, Jeff Goldblum

Don't check out Morning Glory if you're looking for an authentic take on broadcast television. In fact, watching Harrison Ford mumble away as a legendary newsmanturned-talk-show host is as convincing as it is funny

not very. Lucky for him, Rachel McAdams as the ambitious producer that tries to make a champion morning show out of a chump gives this monotone comedy some sincerity and a charming performance. While Roger Michell has proven skill as a comedic director (Venus, Notting Hill), here he plays it pretty broad. Regardless, by the time the show (figuratively and literally) gets to the laughs, we've mostly tuned out anyhow steve cow

Screentimes

Wednesday screentimes for Morning Glory.

Coliseum Ottawa: 4:10-7:05-9:55
Empire 7 Cinemas: 3:45-6:50-9:25
South Keys:10:55-1:40-4:20-7:20-9:55
StarCité Hull: 1-3:55-7-9:55
SilverCity Gloucester: 12:50-3:35-7:10-9:50
Empire Theatres Orleans: 3:40-6:45-9:10
Kanata 24: 2:35-3:15-4:55-5:30-7:15-7:50-9:30-10

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Conan's debut strikes a chord

○ Exiled Tonight Show host mines his former employers for plenty of laughs

Conan O'Brien relaunched his TV career on Monday night with a stylishly backto-basics hour that radiated hard-won lessons from his brief stay hosting The Tonight Show.

Tonight Show.
With his new TBS show titled simply Conan, O'Brien seemed appealingly stoked yet comfortable in his new home at 11 p.m. ET and on basic cable, originating from a sleek, cozy set with a full moon poised on a seaside backdrop.

on a seaside backdrop.

If there were very few surprises on the premiere, well, how could there have been after the incessant online hype and all the press attention showered on his much-anticipated return? Besides, O'Brien was back with his long-time sidekick Andy Richter and most of his trusty house band members, now led by Jimmy Vivino (and renamed The Basic Cable Band).

Even O'Brien's post-Tonight Show beard seems familiar by now.

But what's important is, the show lived up to its promises. As promised, it was looser, quirkier, more like Late Night, where O'Brien thrived for nearly 16 years, than the mainstream Tonight Show, where he didn't.

Conan opened with a funny look back at O'Brien's tumultuous year after he refused NBC's bid to move Tonight to 12:05 a.m.

He was mowed down by machine-gun-toting NBC hit men at a security booth, a la Sonny Corleone in The Godfather. He applied for a job in advertising and was turned down by Don Draper (Mad Men star Jon Hamm), who brusquely reminded him, "It's 1965 — and you're two years old." From behind the counter at a Burger King, he reminisced to an impatient customer about his talk-show past.

Likewise, his monologue mined laughs from recent history, which found him leaving Tonight in January after just eight months, with Jay Leno reclaiming the host chair.

O'Brien welcomed viewers to his "second annual first show" and explained why he named the new show Conan: "So I'd be harder to replace."

He acknowledged that "it's not easy doing a latenight show on a channel without a lot of money and that viewers have trouble finding. So that's why I left NBC."

He boasted that his new show is already scoring "in TBS' key demographic: people who can't afford

And he insisted, "I've dreamed of being a talk-



Billy Bishop gets update after 30 years

More than 30 years after first mounting their celebrated stage production of Billy Bishop Goes to War, Eric Peterson says he and musical accompanist John Gray have lost none of their ardour for the war hero's tale as they bring it to the small screen for a special Remembrance Day broadcast.

If anything, Peterson says the aging artists have more enthusiasm for the play than ever, noting they relished the packed production schedule they took on during recent stage performances.

"John and I do eight performances a week when we're on stage and when we were younger we said, 'No, no, no, it's too much! I can only do six, I can't do two shows in a day!" says the 64year-old Peterson, who wrote the play with Gray.

"And here we are, three times as old, going, 'Oh, yeah, we'll do the eight shows.' But with eight shows a week, you are on the edge of your physical (capacity), at least for me. It is a lot."

On Wednesday, Peterson and Gray star in an hourlong televised version of

"This is the first time we've done the play in 30 years that we've been doing it that our country has been at war" their award-winning production, shot over two weeks in a CBC studio stocked with props from their numerous live performances.

In this incarnation, the

In this incarnation, the First World War ace from Owen Sound, Ont., is near the end of his life, recalling a storied battle career as he sits in his pyjamas in a relicfilled attic. As in the stage production, Peterson takes on a myriad of characters as Bishop recounts his airborne exploits, while Gray reprises his role as pianist and narrator.

The pair have performed the play at three distinct times in their lives — first in their mid-30s, again in their early 50s and now in their early 60s. Both are now 64.

"Each time it's allowed us not to just remount it but to re-interpret it. It's been a great little creative engine in itself," says Peterson, best known for playing the curmudgeonly Oscar Leroy in the defunct CTV comedy Corner Gas.

Peterson says the play is as relevant today as ever, if not more so. "This is the first time

"This is the first time we've ever done the play in 30 years that we've been doing it that our country has been at war," he says. "We forget about it until we suddenly see a young face in the paper, either a man or a woman that's been badly injured or killed in Afghanistan."

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Directed by Linda Moore Starring the **NAC English Theatre Company** In time for Remembrance Day, the Great Canadian Theatre Company and NAC English Theatre unite to produce this heroic tale remembering the sons and daughters who helped define our nation. November 9-December 11 Playing at GCTC Tickets \$45.00 The Irving Greenberg Theatre Centre, 1233 Wellington Street, Ottawa ticketmaster.ca

ticketmaster.ca 613-755-1111













Cox dealing with separation

▶ Friends star says break up with David Arquette just starting to sink in ▶ Work has been keeping her busy

While estranged husband David Arquette has been speaking freely about their split, Courteney Cox has kept mum — until now.

"I've been lying really low since David and I got separated. To tell you the truth, it's only just starting to sink in," she tells Hello! magazine. "I've been working so hard that I feel like I've been in a whirlwind."

Instead of talking about reconciliation, Cox is looking forward, adding, "I did wake up the other day when I had a quiet morning and think, 'Wow, this is ... interesting. I'm separated — now what do I do?"

METRO





Madden, Richie set to wed: Source

There's talk once again that proud parents Nicole Richie and Joel Madden are finally ready to walk down the aisle — and maybe as early as next month, according to X17. While hanging out recently with pal Christina

Aguilera, Richie was gushing about getting hitched, according to a source. "I heard Nicole Richie talking excitedly to Christina Aguilera about her upcoming wedding," the source says.

METRO

Celebrity tweets



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ockets] At
Pride Of
Britain.
Prince
Charles is
coming.
Would like

Russell

a knighthood but will settle for one of his organic biscuits.



making snide remarks about me, my sweet fans...He's just grumpy since he had to



Jessica Alba [Ajessica alba] Red Velvet Pancake falling off the gluten

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Rachel McAdams Harrison Ford Diane Keaton

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STARTS TODAY CHECK THEATRE DIRECTORY FOR LOCATIONS AND SHOWTIMES

Talking points

Aronofsky, Weisz split up

COUPLE. Actress Rachel Weisz and her partner of nine years, director Darren Aronofsky, have called it quits, according to TMZ.

"Rachel Weisz and Darren Aronofsky have been separated for some months. They remain close friends and are committed to raising their son together in New York City," a spokesperson tells the website.

METRO

Wild night no biggie: Sheen

PANIC. Charlie Sheen doesn't understand what the big deal is about this recent wild night in New York, when he reportedly trashed a hotel room while an adult film actress locked herself in the bathroom.

free wagon today OMETRO

"If a guy has one bad night, everybody goes insane and panics," Sheen tells Extra. "I'm not panicking."

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• Millions of years ago, dinosaurs roamed what are now the badlands of Alberta • They left behind their bones, and the result is a booming tourism industry



Exploring the Dinosaurs of Drumheller

They may have been extinct for millions of years but in Drumheller dinosaurs still rule the earth. Located about 130 kilo-

If you go

Where to stay: The Jurassic Inn is located at 1103 Highway 9 South but there is also a Super8, Travelodge and Ramada. among others. Royal Tyrrell Museum: tyrrellmuseum.com

metres northeast of Calgary, Drumheller has gone from booming coal town in the 1920s to a tourist draw that lures about 400,000 visitors a year to see dinosaur bones and hoodoos (the rock chimneys left by erosion in the bandlands)

Whether it's the Royal Tyrrell Museum Palaeontology, stunning Horseshoe Canyon, just a few kilometres from the town of about 6,500, or Fred and Barney's Family Restaurant, you are hard

pressed in Drumheller to avoid anything dinosaur.

Murals of long dead dinosaurs adorn the sides of many town businesses and there are literally dozens of dinosaur statues, both large and small.

The nearby Badlands are one of the few areas in the world where sedimentary layers from earlier geological periods have been scraped off by natural processes, exposing a rich deposit of animal and plant fossils and even complete dinosaur skeletons.

Some 25 species of dinosaurs have been discovered since 1884 when Joseph Burr Tyrrell, the Museum's namesake, discovered the first Albertosaurus skull.

The Royal Tyrrell, which opened in 1985, is arguably the tourism centrepiece in the region and is celebrating its 25th anniversary this year.

It features ten signature galleries devoted to paleontology, with 40 dinosaur skeletons and more than 130,000 fossil specimens

➤ This specimen in Drumheller bills itself as "the world's largest dinosaur.'

and takes up 11,000 square metres.

The museum opened September 25, 1985 and was given "Royal" status by the Queen in 1990.

"People call us the hub of tourism in the area," said Leanna Mohan, marketing director for the Royal Tyrrell.

"I would think that there are very few places in the world where we haven't had visitors from," she said.

THE CANADIAN PRESS







The Gasoline Alley museum at Calgary's Heritage Park Histori cal Village and the Au Diable Vert outdoor centre near Sutton, Que., are among winners of the 2010 National Awards for Tourism Excellence.

The museum -

showcasing a collection of antique vehicles, air and gasoline pumps — was named new business of the year. It opened in April 2009 as part of a major expansion of the historical vil-THE CANADIAN





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The Pan Pacific Vancouver Hotel hopes to lure hockey fans with rates starting at \$149 a night when the Vancouver Canucks play home games. The hotel - located minutes from Rogers Arena — says the special offer is for holders of Canucks tickets.



The Fairmont Palliser is a few minutes from the Scotiabank Saddledome.

Rooms are going from \$149 a night. The struggling Flames were once a ticket during their playoff runs but fans looking to find a seat this year won't have a problem.



The Sutton Place Hotel is

next to the Edmonton City Centre mall near Rexall Place. Rooms are available from \$91 a night. The Oilers have been struggling as well, but it's well worth the trip out to visit them when their provincial rivals are in town.



TORONTO

The Westin Harbour Castle, a few blocks from the Air Canada Centre and the Hockey Hall of Fame.

Hotel rooms available from \$159 a

The Leafs are nothing special to watch so be sure to check out the Real Sports bar owned by the Leafs and winner of North America's best sports bar competition.



The Holiday Inn Hotel and Suites, steps from Scotiabank Place.

Hotel rooms are available from \$154 a night.

After a Senators game, fans can visit the Ottawa Sports Hall of Fame at the



MONTREAL

Le Centre Sheraton Montreal, a few minutes from the Centre Bell.

Hotel rooms are available from \$178 a

While in Montreal, fans can visit the legendary Montreal Forum, former home of the Canadiens.

And be sure to try the sandwich that made Montreal famous - the smoked meat sandwich.

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Travel Jan 20 - Jan 27/c6	+ taxes & fees \$272
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Travel Nov 29 - Dec 3/dl	+ taxes & fees \$118
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Rome Easter	\$ 498
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**Says

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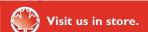
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warm up winter

Sunday dinner is sinfully delicious with beef dish

Preparation:

- Let beef sit at room temperature for 1 hour prior to cooking.
- 2 Rub roast with oil, salt and pepper. Heat a large heavy pan over high heat. Sear tenderloin on all sides just to brown, about 1 minute per side.
- Arrange on a rack over a rimmed baking sheet or roasting pan. Transfer to a 160 C (325 F) oven and roast until meat thermometer registers 63 C (145 F) for mediumrare, 30 to 40 minutes. Transfer to a cutting board to rest for 15 minutes while making the sauce. The internal tem-

perature will go up 3 C (5 F) in this time.

- In a skillet, melt butter over medium-high heat. Cook shallots until tender and golden, about 8 minutes. Stir in mustard and horseradish, salt and pepper.
- Whisk in beef broth and any juices from roast and cook until reduced by half, about 3 minutes. Stir in cream and bring to a boil; cook until it starts to thicken, about 5 minutes. Whisk in chives and serve immediately with sliced beef and preferred sides.

THE CANADIAN PRESS

Ingredients:

- 1.5 kg (3 lb) beef tenderloin, trimmed and tied at regular intervals
- 15 ml (1 tbsp) olive oil5 ml (1 tsp) each coarse
- salt and fresh cracked pepper Horseradish Sauce
- 15 ml (1 tbsp) butter
- 125 ml (1/2 cup) minced shallots
 15 ml (1 tbsp) grainy mus-
- tard
 15 ml (1 tbsp) prepared
- hot horseradish
- 1 ml (1/4 tsp) each salt and fresh cracked pepper
 125 ml (1/2 cup) beef
- 250 ml (1 cup) heavy cream
- 15 ml (1 tbsp) chopped fresh chives

Give to a friend at mo extra cost.



News worth sharing.

Stretching the truth

• One third of people know someone who lied on a resume: Poll • Fibbing could jeopardize future opportunities



Little white lies have no place on your resume, although a new poll shows some people are no strangers to stretching the truth.

A recent ADP BackCheck poll has found that one-in-three people report knowing someone who has lied on their resume and three-out-of-five people polled have gotten a job without having their references checked.

The poll results suggest resume fibbing is certainly not as rare an occurrence as employers might hope suggesting more employers need to be vigilant about confirming details of a potential hire's background or else suffer the potential consequences.

"Employers think preemployment screening takes a lot of time but it doesn't have to. The cost of a bad hire in Canada is generally one-to-three times their annual salary, so it can be really costly to an employer," said Mark Kohler, a director at ADP

In the poll, lying about previous pay or compensation led the way with 27 per cent of people saying they thought it was OK to do on a resume. Nineteen per cent of people said they felt it was OK to lie about previous responsibilities at former jobs while 17 per cent of respondents felt it was acceptable to lie about specific skills they may not actually have. Twelve per cent of people

RESUME Objective To obtain employs Highlights 9 years IT development e Friendly, flexible, and pro Successful at customer fed Flair for creativity and design Extensive Internet and Intra-**Employment History** Software Developer, Computer Compa^{ary} 2001 - present I am a key member in the software teams = internet search technology. I have development cycle. Add applications covering all stages of the responsible for project management projects Major Accomplishments Produced state of Developed sei ▶ According to a recent poll, 27 per cent of people think it's OK to lie about previous pay or compensation.

polled even suggested lying about education or credentials was fine as well.

"People want to put themselves in a better light and many believe that stretching the truth won't do any harm — but it often will," Kohler said.

Besides getting fired or demoted once you're discovered, your fibbing "Be truthful about what you've done and emphasize your skills to highlight what you can do for an organization. You want to put your best foot forward." MARK KOHLER

could make it harder to get a job in the same industry if your previous employer spreads the word about you to other employers. If you're even slightly tempted to lie or misrepresent details on your resume, don't — instead, focus on highlighting the

value of the skills you do have and why they make you a great hire. Doing so will not only prevent awkward workplace situations but also lead to a far more positive attitude and sense of confidence in yourself.

"My advice would be to take an inventory of your skills and accomplishments," Kohler said. RESUME QUICK TIPS

What not to do

Things to avoid when crafting your resume:

1) Don't exaggerate your abilities in a language. If you can't write a page-long document in Spanish, you are not "fluent" in Spanish — on the other hand if you can generally hold an effective conversation with a Spanish-speaker you likely have "conversational" abilities in Spanish. Make sure you state your appropriate level of ability.

2) Don't stretch
dates for jobs you had
or lie about what positions you held — a
simple call to a previous employer will expose you instantly and
no matter how inconsequential the details,
you'll look
untrustworthy.

untrustworthy.

3) Don't lie about skills and credentials. You will eventually get found out and in some jobs not having a vital skill can even be dangerous.

4) Fight the urge to over-state your previous salary. Serious employers could ask you to back up your claims with pay stubs or tax returns and you'll look foolish when the numbers don't match.







CAN SINK AN EMPLOYER'S CASE

s a recent case illustrates, advice often given in the choolyard also applies in the workplace.

In 1988, Jackie Dawydiuk commenced employment as a clerk with the Insurance Corporation of British Columbia. She was a model employee. With her strong work ethic, she worked her way up the corporate ladder.

In 2003, Dawydiuk left work weeks before she was scheduled to start a

new senior management position. During her absence, her supervisor of only one month. Richard Rees, advised her that her new position had been eliminated and that, instead, ICBC was offering her a position as regional manager. Dawydiuk did not respond to Rees' offer in a timely manner and was fired. She later sued ICBC for wrongful dismissal.

During the course of the lawsuit, a human resources report prepared by Rees describing the circumstances of Dawydiuk's termination surfaced.

The report, which was circulated to members of ICBC's HR team, Dawydiuk's superiors and another ICBC employee, indicated that her performance was inadequate, that she was not re-hireable, and that her rating was unsatisfactory. The report quickly became the focus of Dawydiuk's lawsuit.

At trial, the court found Rees' report "misleading" and stated that it reflected "a lack of decency and fairness on ICBC's part towards its former employee." ICBC argued that even if Rees

was careless in forming his belief about Dawydiuk, it reflected his honest belief and he had duty to communicate it to the recipients. The court agreed with ICBC. However, it found that Rees was offside for having circulated the report to the other ICBC employee. Consequently, ICBC was held responsible for the damage to Dawydiuk's reputation.

Courts are becoming increasingly sensitive to claims for defamation based on statements that lead to a loss of reputation at work

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. DAN@TORONTO-EMPLOYMENTLAWYER.CO Since both employees

and employers can be held responsible for their loose lips, they should carefully consider making statements, written or oral, that can be

leading. Without a legal, social or moral requirement to make or publish personal comments, sometimes it's just safest to refrain.



Student's lost years chronicled in memoir

entertainment editor of LA-Times.com and Gawker, has authored a tell-all memoir of his education at Hampshire College, Don't Follow Me, I'm Lost. Founded in 1970 as an alternative university, Hampshire had according to Rushfield

by the time he arrived.

How have you dealt with the backlash?

It wasn't unexpected. This book is a portrayal of a specific time that wasn't their finest hour. Certainly, the spectre of students not going to class for an entire year isn't something they would put on their promotional literature.

Why were the standards so different in the '80s?

It was an affluent era in America. I don't think today's students could go

Une formation

through four years of any college without having any sense of what they're going to do when they graduate.

But you're an ambitious writer now. Did this experience help you find that?

I spent most of (my 20s)

drifting around in jobs with no real plan. I bottomed out on that, and somehow writing presented itself. Now I've thrown myself into that with the energy I once threw into sitting on the couch for a week straight.



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Make the most of your coverage

There are many options available for entrepreneurs

The entrepreneurial spirit is alive and well in many small business owners. And while most of the "i's" have been dotted and the "t's" have been crossed, many otherwise astute and detail-oriented company owners pay little mind to one of the most important aspects of a successful business: Insurance

"Having the correct insurance coverage for your company is critical to the operation of a sound business," says Shelley Toyota, director of commercial SME at RSA Canada.

"By engaging the services of a broker that specializes in coverage for entrepreneurs, small and medium sized businesses will be able to operate with confidence knowing that they have protection in the event of an unfortunate occurrence."



Obtaining some insurance coverage may be obvious to most entrepreneurs, yet there are a number of options available for business owners who want to ensure they have the most comprehensive protection as possible. Coverage options that a small business owner may not include Business Interruption, which covers owners from losses related to a temporary shut-down, and crime and fidelity insurance,

which protects organizations from loss of money, securities, or inventory resulting from various crimes such as forgery, robbery and computer fraud.

RSA offers the following tips that small businesses should consider when shopping for the right insurance.

- Don't be casual about your property. Make sure your policy provides you with comprehensive Property Casualty coverage that protects you in the event of any damage to company property, including fire, smoke, storms, civil disobedience and vandalism.
- Ensure a safe getaway. Whether you have two vehicles or 20, having a policy that is customized to your fleet will assure that accidents will not result in damage to your bottom line. NEWS CANADA



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Spezza, Sens make it 4 straight wins

Ottawa centre scores twice, Elliot makes 35 saves to extend win streak



SENATORS

THRASHERS

Jason Spezza scored twice as the Ottawa Senators extended their winning streak to four games with a 5-2 win over the Atlanta Thrashers last night.

struggling After through the first month of the season, the Senators (8-6-1) seem to have found their game.

Senators goaltender Brian Elliott, making his 11th straight start, was solid stopping 35 shots.

Ottawa also saw Chris Neil and Jesse Winchester score their first goals of the season. Sergei Gonchar also scored.

Andrew Ladd and Anthony Stewart scored power-play goals for the Thrashers (6-6-3).

Atlanta's Chris Mason started the game, but was pulled after allowing four goals on 18 shots. Ondrej

Pavelec allowed one goal on 11 shots.

The Thrashers started strong, scoring a power-play goal four minutes into the first, but struggled for much of the remainder of the game. Ottawa tied the game

midway through the period as Špezza beat Mason with a quick shot short-

Just over four minutes later the Senators took the lead with a power-play goal. Spezza won the draw and dropped it to Erik Karlsson who fed Gonchar for a one-timer past Ma-

Atlanta's best chance came late in the first as Rich Peverley caught Gonchar flat footed, but his shot caught the post and the Senators were able to clear the puck as it lay in the crease

Neil picked up his first of the season early in the second and then Winchester made it 4-1 as he jammed the puck through

traffic in the crease. Defensively the Thrashers continue to struggle as they are dead last in the league in goals allowed and yesterday's performance will not help the cause.
THE CANADIAN PRESS



Opinion

KEN CAMPBELL THE HOCKEY NEWS



Someone apparently forgot to give the Ottawa Senators the memo about how crazed Canadian hockey fans are and how the league has never been more popular since the lockout in 2005.

ince then, every seat for every game in every Canadian NHL rink has been sold out with the exception of Scotiabank Place, formerly known as the Corel Centre, which was formerly known as the Palla dium. For the rest of Canada, that's a stunning 1,050 games where there were no tickets that have been available by the time the puck was dropped.

For the Senators, it has been a far different story. They've averaged under 100 per cent capacity each of the past two seasons and went into last night's home game against the Atlanta Thrashers at a stunningly low average of 17,944 which is 1,200 under capacity — and with just two sellouts in their first seven

This for a team whose 223-144-43 since the lockout going into this season was best among Canadian teams in the NHL and a team whose eight playoff series leads all teams north of the 49th parallel. Unlike the Toronto Maple Leafs, the Sena-tors have made the playoffs four of the five seasons since the lockout and stand a good chance of being there when the important games begin this spring.

The positive thing about the Senators is that their crowds are still very healthy and so is the Canadian dollar. And unlike a lot of U.S. markets, the Senators' attendance figure represents rear ends in the seats that were actually paid for with real

So why the attendance woes? Well, first of all, you could argue that a seating capacity of 19,153 makes Scotiabank Place a more difficult place to fill, but then you realize that the Bell Centre seats 21,273 and the Canadiens can count on a capacity crowd for every game. The Scotiabank Centre is also the only one of the six Canadian rinks that is not in or near the downtown core. My guess, though, is that the sports consumer in Ottawa is more discriminating and is unwilling to both make that trip on a weeknight and pay hundreds of dollars for the privilege of watching an NHL game.

And good on them for doing so. The lockout was supposed to be about making ticket prices lower and we all know how that has turned out. Keep the organiza-tion's feet to the fire on this one. After all, the Maple Leafs have sold out every game since the Depression and look where it has gotten them.



Sports in brief



Tiger Woods faces his first full year without winning as a pro, but he has no doubt that his game is pointed in the right direction.

Woods is defending his title at the Australian Masters, which has moved this year to Victoria Golf Club. He won for the 82nd time in his career a vear ago at Kingston Heath, and that was his last victory anywhere in the world. Just over a week later, revelations began to unfold about his extramarital rocked his personal life and shattered his image.

Woods is not looking at his return Down Under as a chance to come full circle. He just wants to

THE ASSOCIATED PRESS



NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Str
d-Washington	14	10	4	0	0	47	34	20	7-1-0-0	3-3-0-0	7-3-0-0	W
d-Philadelphia	15	9	4	2	0	45	34	20	6-3-0-0	3-1-2-0	7-2-1-0	L
d-Montreal	15	9	5	1	0	36	33	19	4-3-1-0	5-2-0-0	6-4-0-0	W.
Tampa Bay	14	8	4	2	0	43	39	18	4-1-1-0	4-3-1-0	5-3-2-0	W.
Ottawa	15	8	6	1	0	41	42	17	5-3-0-0	3-3-1-0	7-3-0-0	W
Carolina	15	8	7	0	0	49	45	16	4-2-0-0	4-5-0-0	5-5-0-0	W
Boston	11	7	3	0	1	33	20	15	2-2-0-1	5-1-0-0	7-2-0-1	L
NY Rangers	14	7	6	1	0	38	38	15	2-4-1-0	5-2-0-0	6-4-0-0	L
Atlanta	15	6	6	1	2	46	56	15	2-3-0-1	4-3-1-1	3-4-1-2	L
Pittsburgh	15	7	7	1	0	43	39	15	2-4-0-0	5-3-1-0	5-4-1-0	W:
Toronto	14	5	6	1	2	31	38	13	3-3-1-1	2-3-0-1	1-6-1-2	L
Florida	12	5	7	0	0	36	33	10	3-2-0-0	2-5-0-0	5-5-0-0	L
NY Islanders	14	4	8	1	1	35	50	10	2-2-0-1	2-6-1-0	3-7-0-0	L
Buffalo	15	4	9	2	0	37	48	10	0-6-1-0	4-3-1-0	3-6-1-0	W.
New Jersey	15	4	10	1	0	25	48	9	0-5-1-0	4-5-0-0	3-7-0-0	L:
WESTERNICO	MEEL	DEN	CE									

WESTERN CONFERENCE

	GP	w	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	12	9	1	1	1	32	18	20	6-0-0-0	3-1-1-1	7-1-1-1	W7
d-Los Angeles	13	10	3	0	0	39	26	20	6-0-0-0	4-3-0-0	8-2-0-0	W4
d-Vancouver	14	8	4	0	2	40	34	18	6-0-0-1	2-4-0-1	7-2-0-1	L1
Detroit	13	9	3	0	1	42	34	19	5-1-0-1	4-2-0-0	6-3-1-0	W1
Chicago	17	8	8	1	0	50	51	17	4-4-0-0	4-2-1-0	4-6-0-0	L1
Dallas	13	8	5	0	0	43	37	16	5-3-0-0	3-2-0-0	5-5-0-0	L1
Columbus	13	8	5	0	0	32	32	16	4-4-0-0	4-1-0-0	7-3-0-0	L1
Minnesota	13	7	4	0	2	32	30	16	5-3-0-1	2-1-0-1	6-3-0-1	W3
Colorado	13	7	5	1	0	45	42	15	3-3-0-0	4-2-1-0	5-4-1-0	W1
Anaheim	15	7	7	0	1	40	50	15	5-1-0-1	2-6-0-0	6-4-0-0	W3
San Jose	12	6	4	2	0	34	30	13	3-2-1-0	3-3-0-0	5-5-0-0	W1
Nashville	13	5	5	3	0	31	38	13	2-1-3-0	3-4-0-0	2-5-3-0	L5
Phoenix	14	4	5	4	1	35	55	13	2-2-2-1	2-3-2-0	3-3-3-1	L3
Calgary	13	6	7	0	0	35	38	12	4-4-0-0	2-3-0-0	5-5-0-0	L4
Edmonton	13	4	7	0	2	35	48	10	2-4-0-0	2-3-0-2	2-6-0-2	L1

d- division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results Washington at N.Y. Rangers Carolina 7 Edmonton 1 Montreal 2 Vancouver 0 Ottawa 5 Atlanta 2 Tampa Bay 4 Toronto 0 Calgary at Colorado Anaheim at San Jose Monday's result Detroit 3 Phoenix 2 (OT) Tonight's games

(All times Eastern)

Buffalo at New Jersey, 7 p.m. Boston at Pittsburgh, 7 p.m. St. Louis at Columbus, 7 p.m.

CANADIENS 2, CANUCKS 0

First Period
1. Montreal, Markov 1 (Gionta, Plekanec) 6:53 Penalties — Ehrhoff Vcr (tripping) 8:02, Spacek Mtl (tripping) 17:41, Plekanec Mtl (de-lay of game) 19:33. Second Period

Second Period

No Scoring.

Penalties — Alberts Vcr (double high-sticking)
2:21, Lapierre Mtl (holding) 16:11, Darche Mtl
(charging) 19:38.

Third Period
2. Montreal, Hamrlik 1 (Cammalleri, Spacek)

Penalty — Alberts Vcr (delay of game) 2:42.

Shots Vancouver 6 9 16 3
Montreal 10 9 10 2
Goal — Vancouver: Luongo (L,5-4-2). Montre-

al: Price (W,8-5-1). Power plays (goals-chances) — Vancouver: 0-4. Montreal: 1-4. Att. — 21,273 at Montreal.

CANES 7. OILERS 1

First Period 1. Carolina, Dwyer 4 (Sutter, Tlusty) 0:26

2. Carolina, Cole 4 (Skinner, E.Staal) 1:15 (pp) 3. Carolina, Corvo 3 (Skinner, E.Staal) 4:10 4. Carolina, LaRose 3 (F.Staal, Pitkanen) 7:19

Penalties — Penner Edm (tripping) 0:57, Stor tini Edm (boarding) 2:41.

tin Eam (poarding) 2:41.

Second Period

5. Carolina, Corvo 4 (Jokinen, Sutter) 4:49 (pp)

Missed penalty shot — Kostopoulos Car, 6:47.

Penalties — MacIntyre Edm (roughing) 2:27,

Minnesota at Atlanta, 7 p.m.

Minnesota at Atlanta, 7 p.m.

Edmonton at Detroit, 7 p.m.

Vancouver at Ottawa, 7:30 p.m.

Nashville at St. Louis, 8 p.m. Dallas at Los Angeles, 10:30 p.m. N.Y. Islanders at San Jose, 10:30 p.m.

Toronto at Florida, 7:30 p.m. Phoenix at Chicago, 8:30 p.m. N.Y. Islanders at Anaheim, 10 p.m.

Tomorrow's games Montreal at Boston, 7 p.m.

Buffalo at N.Y. Rangers, 7 p.m.

Tampa Bay at Washington, 7 p.m. Philadelphia at Carolina, 7 p.m.

Gilbert Edm (delay of game) 3:29, Harrison Car (high-sticking) 5:19, Dwyer Car (delay of game) 7:42, Cogliano Edm (roughing) 10:29, Kostopoulos Car (holding) 17:18.

Third Period 6. Carolina, Samsonov 4 (E.Staal, Pitkanen)

1:06

7. Edmonton, Penner 5 (Foster, Whitney) 5:21

8. Carolina, Skinner 6 (Ruutu) 7:48

Penalties — Sutter Car (hooking) 8:16, Foster
Edm (tripping) 9:25, Peckham Edm (roughing, misconduct) 16:04.

| MISCONUCC) 16:04-1
| Shots | 9 7 6 22 |
| Carolina | 12 14 16 42 |
| Goal (shots-saves) — Edmonton: Khabibulin (1,4-7-1)(8-4), Dubnyk (7:19 first)(34-31); |
| Carolina: Ward (W),8-50, Power plays (goals-chances) — Edmonton: 0-4; Carolina: 37-4, Mt = 11 990 (1-9,8-0) x 19-16 b) M (-7,8-0) x 19-16 b) M (-7, Att. - 11.890 (18.680) at Raleigh, N.C.

LIGHTNING 4, LEAFS O

First Period 1. Tampa Bay, Stamkos 12 (St. Louis, Lecava[,] lier) 11:10 (pp) 2. Tampa Bay, Thompson 1 (Lundin, Tyrell)

11:39 3. Tampa Bay, Moore 5 (R.Jones, Malone) 19:13

Penalties — Stamkos TR (goaltender interference) 0:56, Thompson TB (tripping) 2:08, Holz-er Tor (hooking) 10:20, Ohlund TB (hooking)

14:91.
Second Period — No Scoring.
Penalties — Brown Tor, Thompson TB (fighting) 1:08, MacArthur Tor (interference) 11:21, Hedman TB (holding) 13:07.

4. Tampa Bay, Stamkos 13 (Hall, Ohlund) 5:46 **Penalty** — Moore TB (tripping) 13:14. Shots 9 13 6 14 7 4 Toronto

Tampa Bay 14 7 4 25

Goal — Toronto: Giguere (L,4-4-2); Tampa Bay:
Ellis (W,4-2-2). Power plays (goals-chances)

— Toronto: 0-5; Tampa Bay: 1-2. Att. — 16.791 (19.758) at Tampa. Fla.

SENATORS 5, THRASHERS 2

First Period 1. Atlanta, Ladd 5 (Enstrom, Byfuglien) 4:01 (pp) 2. Ottawa, Spezza 3 (Karlsson, Hale) 11:05 3. Ottawa, Gonchar 3 (Karlsson, Spezza) 15:39

Penalties — Karlsson Ott (interference) 3:52. Penaltus — Karlsson Ott (Interference) 3:52, Eager Atl (roughing) 6:08, Peverley Atl (slash-ing) 15:36. Second Period 4. Ottawa, Neil 1 (Phillips, Kelly) 5:04 5. Ottawa, Winchester 1 (Foligno, Shannon)

9:12 **Penalties** — Shannon Ott (ripping) 12:50, Ladd Atl (boarding) 19:51. Third Period

6. Ottawa, Spezza 4 (Alfredsson, Campoli) 1:23 (pp)

1:25 (pp)
7. Atlanta, Stewart 5 (Kane, Bergfors) 5:12
Penalties — Campoli Ott (holding) 3:34, Carkner Ott (roughing) 12:50, Shannon Ott (hooking) 16:31, Boulton Att, Carkner Ott (fighting) 18:26.

Snots				
Atlanta	11	14	12	3
Ottawa	10	13	6	2
Goal (shots-saves) - A	tlanta:	Mas	son (L,	6-4-
1) (18-14), Pavelec (9:1	2 secoi	nd, 1	0-9); 0	t-
tawa: Elliott (W,8-4-0).	Power	play	rs (goa	ls-
chances) - Atlanta: 2-5	; Otta	Na: 2	2-3.	
Att 16,583 (19,153)	at Otta	iawa		

SCORING LEADERS

	G	Α	P					
Stamkos, TB	11	11	2					
Crosby, Pgh	9	10	1					
Ovechkin, Wash	8	10	1					
B.Richards, Dal	6	12	1					
Sharp, Chi	10	7	1					
Selanne, Ana	7	10	1					
Getzlaf, Ana	6	11	1					
Eriksson, Dal	9	7	1					
D.Sedin, Vcr	9	7	1					
C.Stewart, Col	9	7	1					
H.Sedin, Vcr	2	14	1					
Semin, Wash	9	6	1					
Not including last night's games								

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's results Stoke 3, Birmingham 2 Tottenham 1, Sunderlar

SCOTLAND

PREMIER LEAGUE

Yesterday's result Aberdeen 1, Inverness 2

SPAIN

COPA DEL REY

Fourth Round, Second Leg
Yesterday's results
Racing Santander 3, Cordoba 1 (3-3 aggregate; Cordoba advances 1-0 on away goal)
Espanyol 1, Valladolid 1 (Espanyol advances 3-

FRANCE

LEAGUE CUP

Quarterfinals Yesterday's result Auxerre 2, Saint-Etienne 0

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct				
Boston	6	2	.750				
New York	3	3	.500				
New Jersey	2	5	.286	:			
Philadelphia	2	5	.286	- 3			
Toronto	1	6	.143	4			
SOUTHEAST DIVISION							

Washington Charlotte	1 1	4 6	.200 .143	3 ¹ / ₂ 4 ¹ / ₂							
CENTRAL DIVISION											
	W	L	Pct	GB							
Cleveland	4	3	.571	_							
Chicago	3	3	.500	1/2							
Indiana	3	3	.500	1/2							
Detroit	2	5	.286	2							
Milwaukee	2	5	.286	2							

Milwaukee WESTERN CONFERENCE

SOUTHWEST DIVISION

W	L	Pct					
6	0	1.000					
5	1	.833					
4	2	.667					
4	4	.500					
1	5	.167					
NORTHWEST DIVISION							
	6 5 4 4 1	6 0 5 1 4 2 4 4 1 5					

	W	L	Pct	G
Portland	5	3	.625	-
Denver	4	4	.500	
Oklahoma City	3	3	.500	
Utah	3	3	.500	
Minnesota	1	6	.143	31
DACIEIC DIVISI	ON			

	**		PCC	
L.A. Lakers	7	0	1.000	
Golden State	5	2	.714	
Sacramento	3	3	.500	3
Phoenix	3	4	.429	
L.A. Clippers	1	6	.143	
Last night's results				

Indiana 144 Denver 113 Cleveland 93 New Jersey 91 Utah at Miami New York at Milwaukee L.A. Clippers at New Orleans Detroit at Portland

Minnesota at L.A. Lakers

Minnesota at L.A. Lakers
Monday's results
San Antonio 95, Charlotte 91
Orlando 93, Atlanta 89
Golden State 109, Toronto 102
Chicago 94, Denver 92
Memphis 109, Phoenix 99
Dallas 89, Boston 87
Tanisht's camps

Tonight's games (All times Eastern)

Milwaukee at Atlanta, 7 p.m.

Milwaukee at Atlanta, 7 p.m. Utah at Orlando, 7 p.m. Charlotte at Toronto, 7 p.m. Houston at Washington, 7 p.m. New Jersey at Cleveland, 7:30 p.m. Golden State at New York, 7:30 p.m. Dallas at Memphis, 8 p.m. Philadelphia at Oklahoma City, 8 p.m. LA. Clippers at San Antonio, 9:30 p.m. Minnesota at Sacramento, 10 p.m.

SCORING AVERAGE

Ellis, GOL	7	75	38	195	27.9
Durant, OKC	6	54	48	166	27.7
Gay, MEM	8	83	30	212	26.5
Anthony, DEN	7	67	37	180	25.7
Nowitzki, DAL	6	60	33	154	25.7
Wade, MIA	7	56	49	169	24.1
Gasol, LAL	7	68	33	169	24.1
Rose, CHI	6	55	27	143	23.8
Howard, ORL	6	49	41	139	23.2
Martin, HOU	6	41	44	138	23.0
Bryant, LAL	7	50	51	160	22.9
Evans, SAC	5	45	19	113	22.6
Scola, HOU	6	53	29	135	22.5
Ginobili, SAN	6	44	25	131	21.8
Richardson, PHX	7	60	9	152	21.7
Granger, IND	5	38	19	107	21.4
Not including last	night	's gai	mes		

TRANSACTIONS

BASEBALL

NATIONAL LEAGUE

CINCINNATI REDS — Announced OF Laynce Nix refused outright assignment and elected Nix refused outright assignment and elected free agency.

SAN DIEGO PADRES — Named Bob Skube hitting coach of Tucson (PCL), Jimmy Jones pitching coach and Nathan Stewart trainer of San Antonio (TL); Bronswell Patrick pitching coach and Phall Pantier hitting coach and Panil Pantier hitting coach of Lake Elsinore (Cal); Shawn Wooten manager, Willie Blair pitching coach, Kory Dehan hitting coach and Daniel Turner trainer of Fort Wayne (MWL); Pat Murphy manager, Dave Rajisch pitching coach, Chris Prieto hitting coach and Zach Jones tainer of Eugene (MWL); and Mirror of Eugene (MWL); and Mirror of Eugene (MWL); and Mirror of Eugene (MWL); and manager, Nelson Cruz pitching coach, Irim Worrell rehab pitching coach and Ricky Huerta trainer of Peoria (Arizona).

BASKETBALL

HOUSTON ROCKETS — Assigned F Patrick Patterson to Rio Grande Valley (NBADL).

FOOTBALL

ARIZONA CARDINALS — Released LB J.D. Fol-ARIZONA CARDINALS — Released LB J.D. Fol som from the practice squad. Signed DE Ronald Talley to the practice squad. CINCINNATI BENGALS — Signed TE Chase Coffman from the practice squad. Waived TE

J.P. Foschi. DETROIT LIONS — Released CB Jonathan

DETROIT LIONS — Released CB Jonathan Wade.
GREEN BAY PACKERS — Activated RB James Starks from the physically-unable-to-perform list. Released LB Robert Francois. Released S Michael Greco from the practice squad. JACKSONVILLE JAGUARS — Signed OT Adam terry and CB Terrence Wheatley, released QB Todd Bouman, DT Landon Cohen and OT Erik Pears. Signed WB John Matthews from the practice squad.
NEW YORK GIANTS — Signed C Adam Koets and LS Zak Deossie to two-year contract extensions. Placed Koets on injured reserve. Activated OL Kewill Boother from the physically-unable-to-perform list. Walved WR Sinorice

unable-to-perform list. Waived WR Sinorice Moss from injured reserve.
TENNESSEE TITANS — Signed DT Marques
Douglas. Waived DT Amon Gordon.

HOCKEY

NHL

NTIL
BOSTON BRUINS — Assigned F Brian McGrat-tan to Providence (AHL). Recalled F Jamie Arniel from Providence (AHL) on an emer-gency basis.

AHL

GRAND RAPIDS GRIFFINS — Signed D Bran-

don Straub.

HAMILTON BULLDOGS — Assigned G Peter
Delmas to Wichita (CHL).

HARTFORD WOLF PACK — Assigned F Brandon Wong to Greenville (ECHL).

LACROSSE

MONTON RUSH — Signed G Matt Disher and D Ian Crashley to one-year contracts a Dean Hill and D Derek Suddons to two-year

CFL

WEEK 20

PLAYOFFS

East Division
Toronto at Hamilton, 1 p.m.

West Division B.C. at Saskatchewan, 4:30 p.m.

FAST

AMERICAN CONFERENCE

	W	L	Т	Pct	PF	PA
N.Y. Jets	6	2	0	.750	182	130
New England	6	2	0	.750	219	188
Miami	4	4	0	.500	143	175
Buffalo	0	8	0	.000	150	233
SOUTH						
	W	L	Т	Pct	PF	PA
Tennessee	5	3	0	.625	224	150
Indianapolis	5	3	0	.625	217	168
Jacksonville	4	4	0	.500	165	226
Houston	4	4	0	.500	193	226
NORTH						
	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	175	139
Pittsburgh	6	2	0	.750	174	123
Cleveland	3	5	0	.375	152	156
Cincinnati	2	6	0	.250	167	190
WEST						
	W	L	Т	Pct	PF	PA
Kansas City	5	3	0	.625	183	145
Oakland	5	4	0	.556	235	188
San Diego	4	5	0	.444	239	197
Denver	2	6	0	.250	154	223

NATIONAL CONFERENCE W L T Pct PF

	W	L	Т	Pct	PF	PA
N.Y. Giants	6	2	0	.750	216	160
Philadelphia	5	3	0	.625	198	181
Washington	4	4	0	.500	155	170
Dallas	1	7	0	.125	161	232
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	6	2	0	.750	196	154
New Orleans	6	3	0	.667	201	151
Tampa Bay	5	3	0	.625	157	190
Carolina	1	7	0	.125	88	184

NORTH Green Bay 221

Chicago	- 5	3	0	.625	148	133
Minnesota	3	5	0	.375	156	168
Detroit	2	6	0	.250	203	188
WEST						
	W	L	T	Pct	PF	PA
	4	Δ	0	.500	140	141
St. Louis	4	4	U	.500	140	141
St. Louis Seattle	4	4	0	.500	130	181
					130 157	
Seattle	4	4	0	.500	130	181

Arizona San Francisco **WEEK NINE**

Byes: Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington Monday's result Pittsburgh 27 Cincinnati 21

Sunday's results Atlanta 27 Tampa Bay 21 Atlanta 27 Tampa Bay 31 Baltimore 26 Miami 10 Cleveland 34 New England 14 Minnesota 27 Arziona 24 (OT) New Orleans 34 Carolina 3 N.Y. Giants 41 Seattle 7 N.Y. Jets 23 Detroit 20 (OT) Oakland 23 Kanass City 20 (OT) Philadelphia 26 Indianapolis 24 San Diego 29 Houston 23 Green Bay 45 Dallas 7 At Toronto Chicago 22 Buffalo 19

WEEK 10

yes: Green Bay, New Orleans, Oakland, San

(All times Fastern) Tomorrow's game Baltimore at Atlanta, 8:20 p.m. Sunday's games

Minnesota at Chicago, 1 p.m.
Tennessee at Miami, 1 p.m.
Detroit at Buffalo, 1 p.m.
Houston at Jacksonville, 1 p.m. N.Y. Jets at Cleveland, 1 p.m. Cincinnati at Indianapolis, 1 p.m. Carolina at Tampa Bay, J. p.m.
Kansas City at Denver, 4:05 p.m.
Dallas at NX, Glants, 4:15 p.m.
St. Louis at San Francisco, 4:15 p.m.
Stew England at Pittsburgh, 8:20 p.m.
New England at Pittsburgh, 8:20 p.m.
Monday, Nov. 15
Philadelphia at Washington, 8:30 p.m.



S CHOICE

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CHOICE

2010

(RO

◆ Is it an Acura? A new-style Buick? The new Kia Optima joins the ranks of some of the most stylish vehicles on the road — and makes a strong technical showing



Daring, dashing New Kila Will surprise you



Prepare to be startled. And prepare to forget about the previous-generation Kia Magentis that was about as anonymous as a sedan could be.

As with the recently released Sorento and Sportage wagons, plus 2010's Forte Koup coupe and boxy Soul, the new Optima (the Magentis adopts the U.S. name) is a visual shot to the solar plexus, but not in any outrageous way. Kia has simply elevated the styling to a new artistic high from which the competition could learn a thing or three.

Kia uses the latest Hyundai Sonata platform (Kia is part of the Hyundai family) as its starting point and then adds its own special sheetmetal to make the Optima just about the sleekest sedan on the road.

The spit and polish extends to the passenger



compartment with an attractive display panel that's angled toward the driver, but not so much as to deprive anyone seated in the shotgun position from access to the communications and audio controls.

The Optima's larger interior — in part created by a 7.5-centimetre gain in distance between the front and rear wheels — helps provide greater rear-seat space. Wider doors also make for easier back-seat entry and exit.

Also increased are the

outputs of the base and optional powerplants, which mirror those of the Sonata. The starting point is a 2.4-litre four-cylinder that provides 200 horsepower and 186 pound-feet of torque. That's a gain of 25 horsepower and 17 pound-feet over the outgoing engine of equal displacement.

Later in the model year, you'll be able to order your Optima with a fuel-saving gasoline-electric hybrid system that matches a 2.4-litre four-cylinder with a 30-kilowatt electric motor to make 209 net horsepower.

A six-speed manual transmission is available only in the base 2.4-litre LX model, while a six-speed automatic is optional in the LX, but standard in the up-level models.

The base model comes with standard air conditioning, tilt/telescoping steering wheel, glove-box cooler and various power-operated amenities. At the far end of the scale, full-load sedans come with dual-zone climate control, eight-way power driver's seat and a sport-tuned suspension.

Options include a panoramic sunroof, navigation system with backup camera plus heated and cooled front seats.

The Optima arrives later this year with an estimated \$22,000 base price, although a low price point is no longer the predominant reason to look at this Korean brand. Quite the opposite. Love the style and be surprised at how little it will cost you to get behind the wheel.



New contender

What you should know about the 2011 Kia Optima:

- Type: Four-door, mid-size, front-wheel-drive sedan.
- Engines (hp): 2.4-litre DO-HC I4 (200); 2.0-litre DOHC
- I4, turbocharged (274).Transmissions: Six-speed manual; six-speed automatic.
- Market Position: Kia, along with parent Hyundai, is shaking up the mid-size sedan market with styling that is both daring and dashing. Older buyers might not warm to the look, but younger family members are going to love it.
- Safety: Front airbags; sideimpact airbags; sidecurtain airbags; anti-lock brakes; traction control; stability control.
- Stats: L/100 km (city/hwy), 9.4/5.7 (2.4, AT, est.); Base price (incl. destination) \$22,000 (est.)



By comparison

Ford Fusion Base price: \$21,350

Base price: \$21,350 Gas- or hybrid-powered, this mid-size Ford has caught on in a big way.



Honda Accord Base price: \$26,350 Popular and roomy sedan comes in I4, V6 strengths. Excellent resale.



Toyota Camry Base price: \$26,800 For Kia, this top-dog sedan is the one to beat. Available as a



WHEELBASE MEDIA



With customers read the fine pirits - * + It.\$ The Caravan Chearance Ener offers subject to change and may be extended without notice. See participating retains received without notice. See participating retains received the process. Participating retains the control of the c

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Jeep.





Fusion a solid bet

First-generation Fusion delivered ahead-of-time style and handling
 Driveline is relatively worry-free, but maintenance key to longevity

SECOND GFAR

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Shopping out a used Fusion? Look for four or six-cylinder power and either automatic or manual transmissions. Base models got a smooth, 2.3-litre four-banger with a five-speed stick or five-speed automatic handling its 160

The specs

- MODEL 2006 to 2009 Ford Fusion
- ➤ VEHICLE TYPE Sedan
 ➤ APPROXIMATE USED
 PRICE RANGE \$9,000 to
 \$23,000

horsepower. An available 3-litre V6 mustered 221 horsepower and got a six-speed automatic. All Wheel Drive (AWD) was available, though most models in the used market

were front-wheel drive.

What owners like

Interior and exterior styling, performance and handling were all highly rated by Fusion's owners. Ease of entry and exit, premium interior trim and generous storage levels were also highly rated.

What owners hate

On four-cylinder, manualequipped models, performance is said to be "adequate" at best. Other complaints of the Fusion are pleasantly limited. Owners and reviewers tend to agree that the Fusion seems a solid, wellsorted machine.

Common issues

On a test-drive, ensure all locks and door handles work as expected, both from inside and outside of the vehicle. Inspect the area around the sunroof (if equipped) for signs of rust or moisture damage, and ensure all in-cabin electricabin electricabin

tronics work as expected.
Listen to the vehicle's front-end for signs of clunking or clacking sounds, which could indicate a suspension problem.
On a road test, expect a solid, comfortable ride that's a little on the stiff side, but

be wary of unusual noises.

Some Fusion owners com-

plain that the ride can

The second-generation Fusion is no

quickly degrade due to premature wear of bushings, sway-bar links or struts.

The verdict

For shoppers after a sporty and unique sedan that doesn't blend into the endless sea of Camrys and Accords, a well-priced and well-maintained Ford Fusion is worth a look

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DON'T LEAVE TRACTION TO TECHNOLOGY



very time I feel the need to discuss grip, I talk to Pierre Savoy, chief instructor of the BMW Canada Winter Driving School.

Pierre knows grip like Sponge Bob knows Crabby Patties.

Pierre's focus at this time of year, just before or during our first dumps of snow, is that people understand the limitations of their fancy, schmancy all-wheel-drive (AWD) and/or 4x4 systems.

"If the weather is bad—snow, sleet, ice—the AWD system will excel at putting that power down, because it does that with four wheels rather than two," he says.

"But this is where the problem starts. Since the system is so proficient at putting down power, the driver immediately gets a false sense of the real amount of grip that's available for braking or steering."

This is why the first vehicle you see in a ditch on that first snowy day of the season is usually some kind of 4x4 or AWD vehicle.

Accelerating over snow in a straight line makes them feel like Superman, but when it comes time to brake or steer they're back to being regular Joes.

Another way of appreciating this split personality of an AWD/4x4 system is to remember that it will only



do its thing when "under power" — basically any time you touch the gas pedal (as you send power to all four wheels instead of two).

Any other time, like when you're entering a corner and moving through the corner to the point where you can accelerate, your vehicle's traction is limited, like every one else on the road, to what your tires can provide for that surface.

Or as Pierre explains: "If you are at the tire's physi-

cal limit of grip, it doesn't matter whether you have any of these (AWD or 4x4) systems or not. There is no way they can generate any more of something that no longer exists — grip."

He adds that the best technical feature that can help either a 2WD or 4WD vehicle get around a corner safely, especially when a vehicle approaches the physical limit of available grip, is weight distribution. The closer the vehicle is to a 50/50 front/back weight distribution, the better it will corner, and the more predictable it will be while cornering.

cornering.

Some of the more modern AWD systems, which can move torque between the inside and outside tires when in a corner, can help stabilize a vehicle in a corner, but again, acceleration needs to be present.

Stability control systems also help stabilize vehicles in a corner, but like AWD systems, they are reactionary—they kick in only when you've already exceeded your allotted amount of grip.

They kick in faster than you can blink — no question they are amazing and work as advertised.

But relying on them to tell you how fast to go through a corner is like using a smoke detector to tell you when the lasagna is done.



Crossword

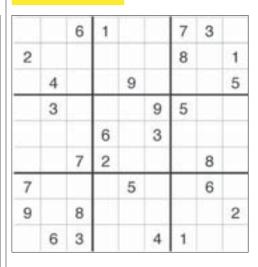
- 1 Fourth dimension
- 5 "Humbua!"
- 8 "Hey, you!"
- 12 Raw minerals 13 Rhyming tribute
- 14 Lotion additive
- 15 Burgers and fries.
- 17 City in Alaska
- 18 Loosen, as 38-Across
- 19 Nibbled persist-
- ently
- 21 Chum
- 22 Apiece 23 Tummy muscles
- 26 Chaps
- 28 Leavening agent
- 31 Tra- 33 Label
- 35 Opposed
- 36 Utah city 38 Monokini's lack
- 40 Prepare Easter
- eaas
- 43 Not at your desk
- 45 Drink 47 Grab quickly
- 51 Stentorian
- 52 Pitcher's tactic
- 54 Enticement 55 Right angle
- 56 Kitchen flooring,
- 57 Transmit
- 58 Shaft of light 59 Part of Q.E.D.
- 1 Bean curd

- 2 Middle East nation
- 3 Netting

- 4 Prevent, legally 6 Commotion
- 7 Topiary canvas, maybe
- 8 Cure-all
- 9 Pointer Sisters hit 10 A handful
- 11 Prepared to drive
- 16 Lather 20 Aye undoer
- 23 Matterhorn, e.g.
- 24 Tavern 25 Display of anger
- that builds up 27 Apprehend
- 29 Piapen 30 Dead heat

- 32 Staved away from
 - 34 So as to elicit an "Fee-wwww!"
 - 37 Sphere
 - 39 Family member
 - 42 Postpone 44 Dining room need
 - 45 Troubles
 - 46 Grimace 48 Twosome
- 49 Arm bone 50 Whodunit basis
- 53 carte

Sudoku



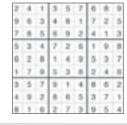
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Today

Yesterday's answer ▶

8'/-1'



Thursday

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

To my man Stephen, Happy 1 yr anniversary! I can't wait to celebrate properly. Thank St.Cornelius for bringing you to me. I love my law man ~ xoxo your

M&M (C.F.), Thanks for always being there for me and being a absolutely amazing friend to me. I honestly don't know how I would of gotten through these past few months without you. I hope we can work things out and you can forgive all the mistakes that I have done I LOVE YOU. - ALAN.

Happy Birthday Scottie....you are such an amazingly, sexy, brilliant man and if you made me any happier I would throw up. Have a wonderful all my love now and forever

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SHEREESSE



For today's crossword answers and for expanded horoscopes, go to metronews.ca

► Yesterday's answer

T Aries March 21-April 20 Most likely you haven't done

anything you would be arrested for but because some people don't agree with your aims you may try to hide what vou've been up to. Don't. You've done nothing wrong.

Today's horoscope

¥ Taurus April 21-May 21 If you allow yourself to fall for someone's charms today you could be inviting a whole lot of trouble into your life.

II Gemini May 22-June 21 If what others expect of you is different to what you expect of yourself don't change your ways just to stay in their good books. The planets urge you to be a bit more selfish than

Gancer June 22-July 22 You will be at your very best today: both at home and at work you will dazzle with your wit and vour wisdom.

Ω Leo Iuly 23-Aug. 23 Someone is scheming to make life difficult for you, so be on your guard today and be wary of situations where you are likely to be out of your depth.

117 Virgo Aug. 24- Sept. 22 |t may annoy you that a friend or a family member seems incapable of seeing your side of the story but getting hot under the collar about it won't change a thing.

← Libra Sept. 23-Oct. 23 What happens over the next 24 hours may be unsettling but

it's not the end of the world not nearly - so don't panic. M Scorpio Oct. 24-Nov. 22

Take care not to read too much into what happens today, especially where affairs of the heart are concerned. The signals you are getting are liable to be twisted to such an extent that you get the wrong end of the stick entirely.

Nov. 23-Dec. 21 Are you being allowed to express yourself in the way that you would like? If not. make an extra special effort today to put forward your opin-

り Capricorn Dec. 22-Jan. 20 lt may seem as if someone is trying to deceive you - all the

signs are there – but can you be sure? Chances are you have allowed your mind to interpret those signs in completely the wrong way.

Aquarius Jan. 21-Feb. 18 Authority figures of one stripe or another have been very help-

ful of late but don't push your luck and demand too much of them.

⊢ Pisces Feb. 19-March 20 Your belief in yourself has taken a bit of a dive and the best way to deal with your waning self-confidence is to set yourself a challenge that demands the very best of you. SALLY BROMPTON





tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro



For those without a Metro the forecast calls for "I dunno," with a slight chance of "huhhhh?"



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